

TURKEY JOES

Makes: 6 servings

What You Need

1 pound lean ground turkey
¼ c. chopped onion
¼ c. original barbecue sauce
½ c. ketchup
1 tbsp packed brown sugar
1 tsp yellow mustard
½ tsp garlic powder

6 wheat hamburger buns, split and toasted

Make It

1. Cook turkey and onion in a skillet over medium heat until turkey is no longer pink. Drain and return to pan.
2. Reduce heat and stir in barbecue sauce, ketchup, brown sugar, mustard and garlic powder. Simmer 10-15 minutes.
3. Serve on toasted buns.

Daily Nutritional Values

6% vitamin A
10% vitamin C
6% calcium
20% iron

Nutrition Information Per Serving

Calories: 213
Carbohydrate: 24g
Cholesterol: 44mg
Dietary Fiber: 2.5g
Fat: 6g
Protein: 18g
Sodium: 514mg